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bushing which surrounds the play unit mounting shaft; the connector enabling the play unit to move with a limited and dampened swinging movement around an imaginary axis between the mounting shaft ends at each end of the unit.

2. The play and training equipment according to claim 1 wherein the units each comprise a frame forming a closed loop and a number of members inside the frame.

3. The play and training equipment according to claim 2 wherein the frame preferably has an elliptic shape and the members are parallel to the short axis of the ellipse.

4. (Amended) The play and training equipment according to claim 3 wherein the frame forms a bow.

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5. (Amended) The play and training equipment according to claim 2 wherein the members are bowed or curved towards either side of the frame.

6. (Amended) The play and training equipment according to claim 1 wherein the connector includes an outer shell; said bushing being contained within the shell.

7. The play and training equipment according to claim 6 wherein the connector includes an inner tube; the inner tube being received within the bushing; the inner tube receiving the mounting shaft of the play unit.

8. The play and training equipment according to claim 6 wherein the bushing comprises discrete bushing elements spaced about said shell.

9. Play and training equipment comprising:
at least one play unit, the play unit including a mounting shaft at at least one end of the play unit;

at least one post to which the at least one play unit is mounted; and
a connector for mounting the at least one play unit to the post; the connector including an outer shell and a bushing within the shell; the bushing surrounding the mounting shaft of the play unit; the connector enabling the play unit to move with a limited and dampened swinging movement around an imaginary axis between the mounting shaft ends at each end of the unit.

10. The play and training equipment according to claim 9 wherein the connector includes an inner tube; the inner tube being received within the bushing; the inner tube receiving the mounting shaft of the play unit.

11. The play and training equipment according to claim 9 wherein the bushing comprises discrete bushing elements spaced about said shell.

12. The play and training equipment of claim 9 wherein the connector is mounted within the post.

13. The play and training equipment of claim 9 wherein the connector is mounted to an outer surface of the post.